

# October 2016

## GCSD#9 – GRADES 7 & 8

### BREAKFAST



**Breakfast Prices**  
**Student - \$1.50**  
**Reduced - \$.30**  
**Adult - \$2.00**  
**Milk - \$.60**

**Milk Variety Offered Daily:**  
 1% White  
 FF Chocolate



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**MENU IS SUBJECT TO CHANGE**

### Monday

Pancakes with Syrup  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

3

### Tuesday

Cooked Oatmeal & Toast  
 Or  
 Mini Donuts  
 Peaches  
 Milk

4

### Wednesday

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

5

### Thursday

Breakfast Pizza  
 Or  
 Sausage Biscuit  
 Peaches  
 Milk

6

### Friday

**NO SCHOOL**

7

**NO SCHOOL**

10

Cinnamon Roll  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

11

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

12

Scrambled Egg,  
 Sausage Patty & Toast  
 Or  
 Pop-Tart  
 Fruit Mix  
 Milk

13

Sausage Roll-Up  
 Or  
 Cereal & Toast  
 Apple Slices  
 Milk

14

Breakfast Pizza  
 Or  
 Egg Biscuit  
 Peaches  
 Milk

17

Cooked Oatmeal & Toast  
 Or  
 Egg/Cheese Breakfast Slider  
 Peaches  
 Milk

18

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

19

Scrambled Eggs,  
 Sausage Patty & Toast  
 Or  
 Dutch Waffle w/Powered Sugar  
 Apple Slices  
 Milk

20

Bagel & Cream Cheese  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

21

French Toast Sticks  
 With Syrup  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

24

Yogurt & Toast  
 Or  
 Waffles With Syrup  
 Apple Slices  
 Milk

25

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

26

**NO SCHOOL**

27

**NO SCHOOL**

28

Long John Donut  
 Or  
 Pancakes with Syrup  
 Applesauce  
 Milk

31



**If you have any questions or comments, please contact the Food Service Dept. at (618) 451-5800 or [gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net) or [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)**





**Lunch Prices**  
**Student - \$2.60**  
**Reduced - \$.40**  
**Adult - \$3.25**  
**Milk - \$.60**

**Milk Variety Offered Daily:**  
**1% White**  
**FF Chocolate**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**MENU IS SUBJECT TO CHANGE**

### Monday

Pepperoni Pizza **3**  
 Carrots  
 Diced Pears  
 Milk

### Tuesday

Chicken Parmigiana **4**  
 Mashed Potatoes  
 W.K. Corn  
 Garlic Bread  
 Apple Slices  
 Milk

### Wednesday

Yon Mazetta **5**  
 Romaine Tossed Salad  
 With Lite Italian Dressing  
 Breadstick, Peas  
 Diced Peaches  
 Milk

### Thursday

Mini Tacos **6**  
 Shredded Lettuce  
 & Tomato  
 Green Beans  
 Mixed Fruit  
 Milk

### Friday

**NO SCHOOL** **7**

**NO SCHOOL** **10**

Cheese Enchiladas (2) **11**  
 Shredded Lettuce  
 Spanish Rice  
 Green Beans  
 Pineapple Chunks  
 Milk

Chicken Rings **12**  
 Mashed Potatoes  
 Green Beans  
 Dinner Roll  
 Peaches  
 Milk

Grilled Cheese **13**  
 Homemade Chicken  
 Noodle Soup  
 Carrots  
 Apple Slices  
 Milk

Orange Chicken **14**  
 Steamed Broccoli  
 Corn  
 Spaghetti Noodles  
 Pineapple Chunks  
 Milk

Pizza Crunchers **17**  
 Green Beans  
 Pears  
 Milk

Country Fried **18**  
 Chicken  
 Mashed Potatoes  
 Corn  
 Pineapple Chunks  
 Milk

Spaghetti **19**  
 Bread Stick  
 Romaine Tossed Salad  
 With FF Ranch Dressing  
 Carrots  
 Mixed Fruit, Milk

Grilled Chicken **20**  
 On WG Bun  
 Sweet Potato Crosstrax  
 Baked Beans  
 Chilled Peaches  
 Milk

Chicken Nuggets **21**  
 Augrautin Potatoes  
 Steamed California Blend  
 Slice of Bread, Vegetables  
 Apple Slices  
 Milk

Fiestada Pizza **24**  
 W.K. Corn  
 Cooked Carrots  
 Applesauce  
 Milk

Cheeseburger **25**  
 Broccoli & Cheese  
 Cucumber Slices  
 Apple Slices  
 Milk

Chicken Strips **26**  
 Mashed Potatoes  
 Green Beans  
 Wheat Roll  
 Peaches  
 Milk

**NO SCHOOL** **27**

**NO SCHOOL** **28**

Bosco Sticks **31**  
 With Sauce  
 Romaine Salad  
 Carrots  
 Pear Cup  
 Milk



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